

Arrival / Departure:

Saturday 05 October 2019 - Arrival

15:00 Individual travel to Marrakesh (timing to be confirmed)
18:30 Transfer to Bab Zouina
20:30 Dinner

Saturday 12 October 2019 - Departure

09:30 - 11:45 Practice
13h00 Lunch
15h00 Departure to Marrakesh airport (timing to be confirmed)

Workshop fees:

The workshop price is CHF 1'165.- per person (CHF 1'365.- in double room; CHF 1'465.- in single room) and includes: **teaching, transfer to and from Marrakesh airport, accommodation, on-site meals, and Moroccan tea at any time.**

Application Form:

By signing this form, I agree to pay the deposit of CHF 500.- upon receipt of confirmation of my registration. **This deposit is only refundable in case of workshop cancellation.**

Name : _____ Surname : _____

Address : _____

Post Code: _____ City: _____

Email : _____ Tel. : _____

Place : _____ Date : _____

Signature : _____

Please send the scanned form as soon as possible to marhaba@bab-zouina.com

Your registration will be confirmed upon receipt in order for you to be able to book your flight under best conditions.

* Family members are welcome. Children pay CHF 350.- *

For further information about the retreat, please contact **Kate Beck**:

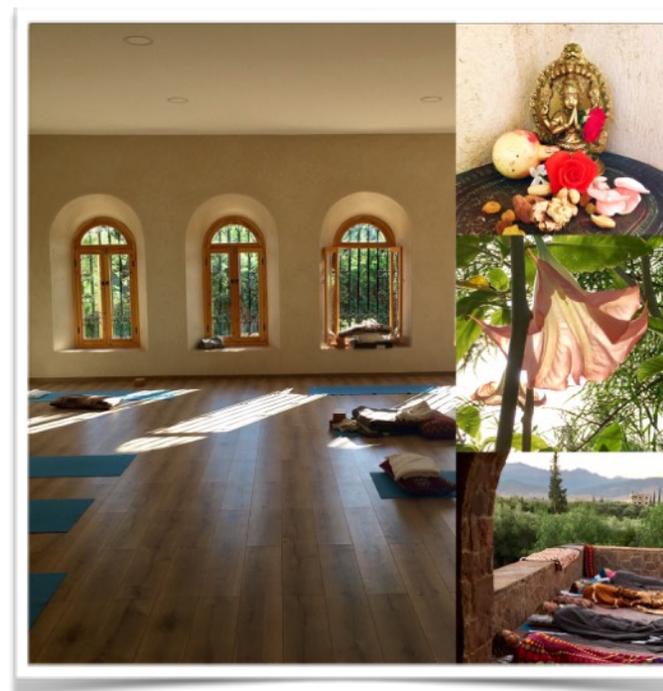
info@patanjali-yoga.ch

For further information about lodging and registration, please contact **Karim Zein**:

marhaba@bab-zouina.com

VĪRYA

ENERGY, VITALITY, IMMUNE-SYSTEM



YOGA RETREAT IN BAB ZOUINA MARRAKESH

(05 to 12 October 2019)

Teacher:

Kate has led Yoga workshops all over Europe, and has trained Yoga teachers on an international level for many years. She is the international leader for the **Teacher Training** programs of **Patañjali Yoga Switzerland**. She is known for her expertise in Yoga during pregnancy and her knowledge about the **Yoga Sūtras of Patañjali**.



Vīrya:

Vīrya is mentioned in **Patañjali's Yoga Sutras I.20** as one of the five attitudes and mindsets that are helpful in achieving inner peace, or samādhi.

Y.S. I.20 śraddhā-vīrya-smṛti samādhi-prajñā-pūrvaka itareṣāṃ

Wholeness is preceded by faith, enthusiasm, keen memory, union, and awareness.

The other four are: **śraddhā** (faith), **smṛti** (memory), **samādhi** (contemplation) and **prajñā** (discernment). **B.K.S. Iyengar** also called them the **five vitamins of yoga**. These five yoga vitamins, or virtues, will fortify your practice.

Vīrya is usually translated as "**energy**" or "**vitality**" derived from virtuous and wholesome actions. **Vīrya** also represents **willpower**, **determination** and **courage**, which keeps yogis on a **focused path**. As **vīrya** gathers in the practitioner, said **Vyāsa**, "intentness attends upon him."

This is a Level II & III course and is not meant for beginners.

Practice material and props are provided.

The course is taught in english.

Daily program:

07:30 - 08:30 Pranayama
08:30 - 09:30 light breakfast (coffee/tea/fresh fruit juices)
09:30 - 11:45 Asanas
12:15 Lunch
13:00 - 18:00 Visit to various sites (optional), free time
18:00 - 19:00 Guided practice (optional)
19:30 Dinner

Location:

The **workshop** will take place in **Bab Zouina**, a beautiful traditional Moroccan villa situated in the **Ourika Valley** (30 km from Marrakesh) in a magnificent property surrounded by olive trees. A **pool** of natural water is available. It is possible to have daily walks in the beautiful countryside nearby. The **weather** will generally be mild, mostly sunny, 25° during the day and 20° at night. A big **common room** will be available as well as **several terraces** and **peaceful places** to relax. The **yoga practice** will take in the **newly built yoga hall** or on the **shaded roof terrace** with a marvellous view on the **Atlas mountains**.



The **guest rooms** are **spacious** and **authentic** (3-4 persons per room): carpets, cushions, traditional crafts, and a bed futon according to Berber tradition. On demand there are some single / double rooms available.



Meals are cooked with **fresh** and **local products** according to Moroccan and Berber recipes.

Please visit: www.bab-zouina.com

Travel to Marrakesh:

A more than 6-month valid passport is required for entry into Morocco. The flight ticket is to be purchased by each participant. Many "low cost" companies offer direct flights (see in particular **EasyJet** and **Ryanair** websites for schedules).